



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center"><i>Older Americans Month</i></p> <h1 align="center"><i>May 2013</i></h1> <h2 align="center"><i>Brunswick Senior Center</i></h2>			<p align="center">1</p> <p>Law Day</p> <p><i>Chelsea Cooks</i></p> <p align="center">12:45 BINGO <small>May Day</small></p>	<p align="center">2</p> <p>9:00 Strength Training Frederick Senior Center-Towson Program "Ways to a Healthier Heart"</p>	<p align="center">3</p> <p>Wal-Mart Shopping Trip 10:00 – 3:00</p>	<p align="center">4</p> <p align="center">Department of Aging Bus Trips</p>
<p align="center">5</p>  <p align="center"><small>Cinco de Mayo</small></p>	<p align="center">6</p> <p>10:30 Video Exercise Cinco de Mayo "Tacos in a bag" & Tres Leches Cake 12:00 PM</p>	<p align="center">7</p> <p>9:00 Strength Training</p> <p align="center">CENTER CLOSED</p>	<p align="center">8</p> <p align="center"><u>Volunteer Appreciation Day</u> 9:00 Breakfast at Roy Rogers 11:00 "Ask Nurse Steve" 12:45 BINGO</p>	<p align="center">9</p> <p>9:00 Strength Training <i>Special Menu</i> 11:00 trail walk 1:00 Music w/Pete Baugher</p>	<p align="center">10</p> <p>10:30 Video Exercise 1:00 Local Shopping</p>	<p align="center">11</p> <p align="center">Nat'l Capital Radio & TV & the Belair Stable Friday, May 10</p>
<p align="center">12</p>  <p align="center"><small>Mother's Day</small></p>	<p align="center">13</p> <p>10:30 Video Exercise 11:45 Nutrition Minute "Strawberries"</p>	<p align="center">14</p> <p>9:00 Strength Training</p> <p align="center">CENTER CLOSED</p>	<p align="center">15</p> <p>11:00 Lunch out with Friends 1:00 BINGO at Brunswick House</p>	<p align="center">16</p> <p>9:00 Strength Training 6:00 Dinner & Dance</p>	<p align="center">17</p> <p>10:30 Video Exercise 1:00 Shop Dollar Store</p>	<p align="center">18</p> <p align="center">Accokeek Foundation/Piscataway Park Friday, May 17 <small>Armed Forces Day</small></p>
<p align="center">19</p>	<p align="center">20</p> <p>10:30 Video Exercise 11:00 FMH Speaker/Q & A</p>	<p align="center">21</p> <p>9:00 Strength Training</p> <p align="center">CENTER CLOSED Card Party 5:00</p>	<p align="center">22</p> <p>Diabetic event w/Brunswick House 11:00 am 12:45 BINGO back at center</p>	<p align="center">23</p> <p>9:00 Strength Training <i>Let's make it a day!</i> 9:00 Light breakfast/coffee</p>	<p align="center">24</p> <p>10:30 Video Exercise 9:00 Coffee & donuts 10:00 Mobile I & A</p>	<p align="center">25</p> <p align="center">Call 301-600-1605 for information or reservations</p>
<p align="center">26</p>	<p align="center">27</p> <p align="center">CENTER CLOSED <i>County Holiday</i> <small>Memorial Day</small></p>	<p align="center">28</p> <p>9:00 Strength Training</p> <p align="center">CENTER CLOSED</p>	<p align="center">29</p> <p>Senior Fun Day City Park 10:00 – 2:00 Call for reservations</p>	<p align="center">30</p> <p>9:00 Strength Training 1:00 Nature trail walk</p>	<p align="center">31</p> <p>10:30 Video Exercise 1:00 Local Shopping</p>	<p align="center">Brunswick Senior Center Where everyone is someone</p>